



THE SUNSATIONAL GUIDE TO

# SMART SUN SAFETY

FUN IN THE SUN 101

[www.SkinCancer.org/school](http://www.SkinCancer.org/school)



A HALF HOUR BEFORE I GET ON THE FIELD,

I APPLY SUNSCREEN.

*L. Tarpley*  
usa

LINDSEY TARPLEY GOLD MEDALIST TEAM SCF MEMBER

I AVOID SURFING IN THE MIDDLE OF THE DAY,  
WHEN THE SUN IS MOST INTENSE,

AND EVERY TIME I GET OUT OF THE WATER,  
I REAPPLY SUNSCREEN.

*Michel Bourez*

MICK FANNING WORLD CHAMPION TEAM SCF MEMBER



## 1 SEEK SHADE

Play it safe in the shade whenever possible and avoid mid-day sun. UV rays are especially strong between the hours of 10AM and 4PM.



## 2 LEARN NOT TO BURN!!

Did you know that just one blistering sunburn in childhood or adolescence more than doubles your risk of developing melanoma (the deadliest form of skin cancer) later in life? Protecting yourself with sunscreen every day may be the smartest thing you can do for yourself!



15+

## 3 USE SPF EVERY DAY

UV rays are strongest during summer, but they can cause damage year-round. Use a sunscreen with an SPF of 15 or higher every day — in every season — no matter what your skin color.



## 4 COVER UP

Make your own shade with a wide-brimmed hat and long-sleeved shirts and pants. Baseball caps and visors shade the face but leave the neck, lower face, and ears exposed. A broad-brimmed hat can help prevent skin cancer in those areas.



## 5 WEAR SUNGLASSES

Protect your eyes with UV-blocking sunglasses.



## 6 DON'T USE TANNING BOOTHS

Tanners have a higher risk of developing skin cancer. Indoor tanning equipment emits mainly UVA radiation. UVA, as well as UVB rays, may cause malignant melanoma and immune system damage.



### Meet the TEAM SCF Members:

PRESTON CLARK (BASS ANGLER) • BRIAN DAVIS (GOLFER) • SHAYNE POSPISIL (SNOWBOARDER)  
CHRISTIE RAMPONE (SOCCER PLAYER) • LINDSAY TARPLEY (SOCCER PLAYER) • WORLD PROFESSIONAL SURFERS: MICHEL BOUREZ • TAJ BURROW  
BEN DUNN • BEDE DURBIDGE • MICK FANNING • CJ HOBGOOD • DAMIEN HOBGOOD • PHIL MACDONALD • JAKE PATO • TIAGO PIRES • LUKE STEDMAN  
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